

The Good Shepherd & St Mary Primary - Week 3

Danielle

Cereals Containing Gluten

Peanuts

Tree Nuts

Milk

Eggs

Crustaceans

Fish

C Celery and Celeriac

Soya and Soya Products

S Sesame Seeds

Molluscs

Mustard

L Lupin

Sulphites

GM Foods

Vegetarian

Vegan

Gluten Free

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meals	Sausage & Lentil Ragu **NOT COMPLETED** Does Contains: C Gluten (Wheat), Gluten (Barley), Cereal Containing Gluten, Sulphites, Celery and Celeriac May Contain: Modifiers:	Chicken & Sweetcorn Pizza Does Contains: Gluten (Wheat), Cereal Containing Gluten, Milk May Contain: Modifiers: Chicken & Sweetcorn Pizza - Rectangle Does Contains: Gluten (Wheat), Cereal Containing Gluten, Milk May Contain: Modifiers:	Chicken Puff Pastry Pie Does Contains: Gluten (Wheat), Cereal Containing Gluten May Contain: C Soya and Soya Products, Lupin, Mustard, Celery and Celeriac Modifiers:	Beef Bolognese Does Contains: May Contain: Modifiers:	Fish Fingers KS1 Does Contains: Gluten (Wheat), Cereal Containing Gluten, Fish May Contain: Modifiers: Fish Fingers KS2 Does Contains: Gluten (Wheat), Cereal Containing Gluten, Fish May Contain: Modifiers:

	Monday	Tuesday	Wednesday	Thursday	Friday
Vegetarian Meals	Vegan Chilli Pasta Bake 🌱 Does Contains: 🌿🍄 Gluten (Wheat), Cereal Containing Gluten, Soya and Soya Products May Contain: 🌾 Gluten (Barley), Gluten (Rye), Gluten (Oats) Modifiers:	Cheese & Tomato Pizza 🌱 Does Contains: 🌿🍷 Gluten (Wheat), Cereal Containing Gluten, Milk May Contain: Modifiers: Cheese & Tomato Pizza - Rectangle 🌱 Does Contains: 🌿🍷 Gluten (Wheat), Cereal Containing Gluten, Milk May Contain: Modifiers:	Vegetable Pie 🌱 Does Contains: 🌿🍷C Gluten (Wheat), Cereal Containing Gluten, Gluten (Barley), Milk, Celery and Celeriac May Contain: 🍷L🍷 Soya and Soya Products, Lupin, Mustard Modifiers:	Vegan Mince Bolognese - (VG/GF) 🌱 Does Contains: 🍄 Soya and Soya Products May Contain: Modifiers:	Quesadilla 🌱 Does Contains: 🌿🍷 Gluten (Wheat), Cereal Containing Gluten, Milk May Contain: Modifiers:
Sides	Homemade Bread 🌱 Does Contains: 🌿🍄🍷 Gluten (Wheat), Cereal Containing Gluten, Soya and Soya Products, Milk May Contain: 🍳 Eggs Modifiers:	Homemade Bread 🌱 Does Contains: 🌿🍄🍷 Gluten (Wheat), Cereal Containing Gluten, Soya and Soya Products, Milk May Contain: 🍳 Eggs Modifiers:	Homemade Bread 🌱 Does Contains: 🌿🍄🍷 Gluten (Wheat), Cereal Containing Gluten, Soya and Soya Products, Milk May Contain: 🍳 Eggs Modifiers:	Homemade Bread 🌱 Does Contains: 🌿🍄🍷 Gluten (Wheat), Cereal Containing Gluten, Soya and Soya Products, Milk May Contain: 🍳 Eggs Modifiers:	Baked Beans (VG/GF) 🌱 Does Contains: May Contain: Modifiers:

	Monday	Tuesday	Wednesday	Thursday	Friday	
	Broccoli (VG/GF)  Does Contains: May Contain: Modifiers:	Herby Diced Potatoes  Does Contains: May Contain: Modifiers:	Roasted New Potatoes  Does Contains: May Contain: Modifiers:	Wholewheat Penne Pasta (VG)  Does Contains:  Gluten (Wheat), Cereal Containing Gluten May Contain: Modifiers:	Homemade Bread  Does Contains:    Gluten (Wheat), Cereal Containing Gluten, Soya and Soya Products, Milk May Contain:  Eggs Modifiers:	
	Warm Wholemeal Baguette / Crusty Bread (VG)  Does Contains:  Gluten (Barley), Gluten (Wheat), Cereal Containing Gluten May Contain:  Sesame Seeds Modifiers:	Sweetcorn (half portion) (VG)  Does Contains: May Contain: Modifiers:	Carrot Batons (half portion) (VG/GF)  Does Contains: May Contain: Modifiers:	Garlic Bread / Garlic Slice / Garlic Flatbread  Does Contains:  Gluten (Wheat), Cereal Containing Gluten May Contain:    Gluten (Barley), Gluten (Rye), Gluten (Oats), Soya and Soya Products, Milk Modifiers:	Chips (VG)  Does Contains: May Contain: Modifiers:	
	Tagliatelle  Does Contains:  Gluten (Wheat), Cereal Containing Gluten May Contain:    Eggs, Soya and Soya Products, Mustard Modifiers:	Peas (half portion) (VG)  Does Contains: May Contain: Modifiers:	Peas (half portion) (VG)  Does Contains: May Contain: Modifiers:	Side Salad (VG/GF/DF)  Does Contains: May Contain: Modifiers:		
				Knorr Gravy (VG)  Does Contains: May Contain: Modifiers:	Salad Sticks (VG)  Does Contains: May Contain: Modifiers:	

	Monday	Tuesday	Wednesday	Thursday	Friday
Third Option	Jacket Potato (VG/GF/DF) Does Contains: May Contain: Modifiers:	Side Salad (VG/GF/DF) Does Contains: May Contain: Modifiers:	Twisty Pasta Topping - Grated Cheddar (GF) Does Contains: Milk May Contain: Modifiers:	Jacket Potato (VG/GF/DF) Does Contains: May Contain: Modifiers:	Twisty Pasta (VG) Does Contains: Gluten (Wheat), Cereal Containing Gluten May Contain: Gluten (Barley), Gluten (Rye), Gluten (Oats) Modifiers:
	Jacket Potato Baked Beans Topping (VG/GF/DF) Does Contains: May Contain: Modifiers:	Twisty Pasta (VG) Does Contains: Gluten (Wheat), Cereal Containing Gluten May Contain: Gluten (Barley), Gluten (Rye), Gluten (Oats) Modifiers:	Twisty Pasta Topping - Vegan Grated Cheddar (VG/DF) Does Contains: May Contain: Modifiers:	Jacket Potato Tuna Mayo Topping Does Contains: Fish, Eggs May Contain: Modifiers:	Twisty Pasta Topping - Grated Cheddar (GF) Does Contains: Milk May Contain: Modifiers:
	Jacket Potato Grated Cheese Topping Does Contains: Milk May Contain: Modifiers:	Twisty Pasta Topping - Tomato Sauce (VG/GF) Does Contains: May Contain: Modifiers:	Side Salad (VG/GF/DF) Does Contains: May Contain: Modifiers:	Side Salad (VG/GF/DF) Does Contains: May Contain: Modifiers:	Twisty Pasta Topping - Grated Cheddar (VG/DF) Does Contains: May Contain: Modifiers:
	Jacket Potato Grated Vegan Cheese Topping (VG/GF/DF) Does Contains: May Contain: Modifiers:	Twisty Pasta Topping - Vegan Grated Cheddar (VG/DF) Does Contains: May Contain: Modifiers:	Twisty Pasta Topping - Tomato Sauce (VG/GF) Does Contains: May Contain: Modifiers:		Twisty Pasta Topping - Tomato Sauce (VG/GF) Does Contains: May Contain: Modifiers:

	Monday	Tuesday	Wednesday	Thursday	Friday
	Side Salad (VG/GF/DF)  Does Contains: May Contain: Modifiers:	Twisty Pasta Topping - Grated Cheddar (GF)  Does Contains:  May Contain: Modifiers:	Twisty Pasta (VG)  Does Contains:  Gluten (Wheat), Cereal Containing Gluten May Contain:  Gluten (Barley), Gluten (Rye), Gluten (Oats) Modifiers:		Side Salad (VG/GF/DF)  Does Contains: May Contain: Modifiers:
Desserts	Iced Cinnamon Fruit Roll  Does Contains:    Gluten (Wheat), Cereal Containing Gluten, Soya and Soya Products, Milk May Contain:  Eggs Modifiers: Fruit - Apple (VG)  Does Contains: May Contain: Modifiers:	Fruit - Apple (VG)  Does Contains: May Contain: Modifiers: Fruit - Orange (VG)  Does Contains: May Contain: Modifiers: Fruit - Grapes (VG)  Does Contains: May Contain: Modifiers:	Cheese & Crackers with an Apple Wedge  Does Contains:   Gluten (Wheat), Cereal Containing Gluten, Milk May Contain:  Gluten (Barley), Gluten (Rye), Gluten (Oats) Modifiers: Banana Mousse  Does Contains:  Milk May Contain: Modifiers:	Fruit - Apple (VG)  Does Contains: May Contain: Modifiers: Fruit - Orange (VG)  Does Contains: May Contain: Modifiers: Fruit - Grapes (VG)  Does Contains: May Contain: Modifiers:	Strawberry Ice Cream Sundae Does Contains:  Milk May Contain: Modifiers: Vanilla Ice Cream Sundae Does Contains:  Milk May Contain: Modifiers:

	Monday	Tuesday	Wednesday	Thursday	Friday
	Fruit - Orange (VG) 🌱 Does Contains: May Contain: Modifiers:	Fruit - Banana (VG) 🌱 Does Contains: May Contain: Modifiers:	Fruit - Apple (VG) 🌱 Does Contains: May Contain: Modifiers:	Fruit - Banana (VG) 🌱 Does Contains: May Contain: Modifiers:	Chocolate & Banana Vanilla Ice Cream Sundae 🌱 Does Contains: 🌿 🍷 Gluten (Wheat), Cereal Containing Gluten, Milk May Contain: 🍷 Mustard Modifiers:
	Fruit - Banana (VG) 🌱 Does Contains: May Contain: Modifiers:	Yogurt (Mullerlight) 🌱 Does Contains: 🍷 Milk May Contain: Modifiers:	Fruit - Banana (VG) 🌱 Does Contains: May Contain: Modifiers:	Yogurt (Mullerlight) 🌱 Does Contains: 🍷 Milk May Contain: Modifiers:	Fruit - Apple (VG) 🌱 Does Contains: May Contain: Modifiers:
	Fruit - Grapes (VG) 🌱 Does Contains: May Contain: Modifiers:	Lemon & Blueberry Traybake 🌱 Does Contains: 🌿 🍷 Gluten (Wheat), Cereal Containing Gluten, Eggs May Contain: 🍷 Soya and Soya Products Modifiers:	Fruit - Grapes (VG) 🌱 Does Contains: May Contain: Modifiers:	Strawberry Iced Cookie 🌱 Does Contains: 🌿 Gluten (Wheat), Cereal Containing Gluten May Contain: 🍷 Soya and Soya Products Modifiers:	Fruit - Grapes (VG) 🌱 Does Contains: May Contain: Modifiers:
	Yogurt (Mullerlight) 🌱 Does Contains: 🍷 Milk May Contain: Modifiers:		Fruit - Orange (VG) 🌱 Does Contains: May Contain: Modifiers:		Fruit - Orange (VG) 🌱 Does Contains: May Contain: Modifiers:

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